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MERCHANT MARINE REST CENTERS



REST-RELAX
AND RECOVER





Merchant Marine Rest Center,
Sands Point, Long Island, N. Y.



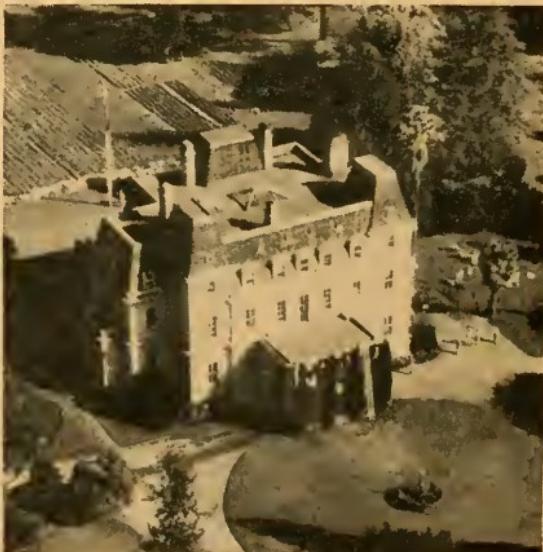
Merchant Marine Rest Center,
Bay Ridge, Md.

• THE MEDICAL SERVICES

OF THE RECRUITMENT AND MANNING ORGANIZATION—WAR SHIPPING ADMINISTRATION AND THE UNITED SEAMEN'S SERVICE

THE MERCHANT MARINE *Rest Centers* are comfortable, home-like country places near the large seaports. Merchant seamen go there for rest, quiet, recreation, and medical care between trips.

The Medical Section of the Recruitment and Manning Organization of WSA and the United Seamen's Service operate these *Rest Centers* for all merchant seamen who need this type of service. The homes are staffed by doctors of the United States Public Health Service assigned to Recruitment and Manning Organization, WSA.



Merchant Marine Rest Center
Millbrae, Calif.

WHO GOES TO A MERCHANT MARINE REST CENTER?

ANY active merchant seaman who will benefit by a stay and who does not need hospital care.

Men who are worn and tired from long trips and the rigors of shuttling.

Men who have lost weight and who feel run down.

Men who are restless and jittery from enemy attacks or the threat of attack.

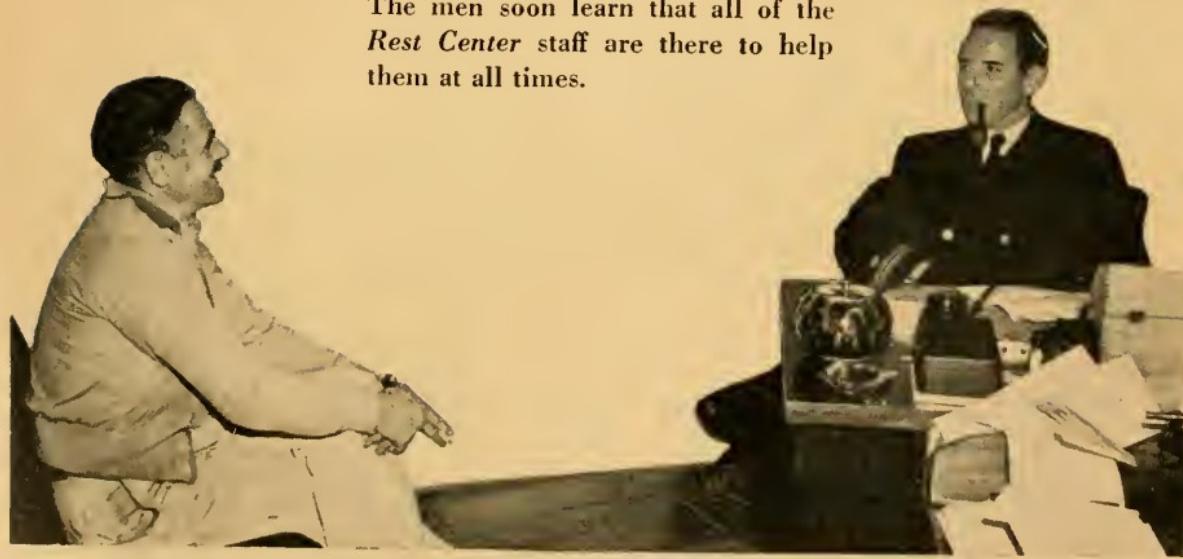
Men who need convalescent care after being in a hospital.



Merchant Marine Rest Center, Gladstone, N. J.

The Rest Center Doctor—

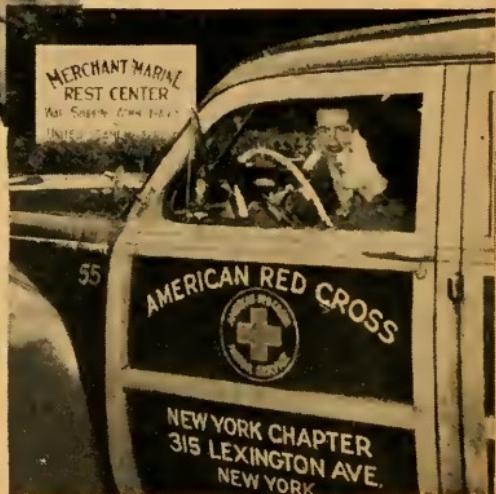
is easy to get to . . . easy to talk to.
The men soon learn that all of the
Rest Center staff are there to help
them at all times.





The food is good . . . there
is plenty of it . . . and we
supply the appetite.

Transportation by railroad or bus and station wagon is furnished seamen entering the *Rest Centers*.



SEAMEN GO TO A MERCHANT MARINE REST CENTER . . .

because

the *Rest Centers* provide every facility to get the men in good condition before they ship out again—the best of food . . . congenial surroundings . . . expert medical care and every opportunity for rest and recreation.

Transportation from the port of entry to the *Merchant Marine Rest Center* is provided.

There is no charge at the *Rest Center*. There is no catch to it . . . facilities and services are FREE to bona fide merchant seamen.

SEAMEN TAKE THEIR CHOICE OF

All kinds of
outdoor
games



Shooting the
breeze on
the sun deck



Quiet read

REST, RELAXATION, AND RECREATION



Chess, cards, and
other indoor games



Plenty of time for
favorite hobbies



● MERCHANT MARINE REST CENTERS
ARE CONVENIENTLY LOCATED NEAR THE LARGEST SEAPORTS

Near NEW YORK:

- At Oyster Bay, Long Island, N. Y.
 - At Sands Point, Long Island, N. Y.
 - At Gladstone, N. J.
-

Near BALTIMORE:

- At Bay Ridge, Md.

Near NEW ORLEANS and MOBILE:

- At Pass Christian, Miss.
-

Near SAN PEDRO and WILMINGTON:

- At Pacific Palisades, Calif.
-

Near SAN FRANCISCO:

- At Millbrae, Calif.

Parties with the neighbors.



**Plenty of opportunities to
handle sail.**

THE PORT MEDICAL OFFICE CAN HELP YOU

APPLY at the PORT MEDICAL OFFICE to go to a *Rest Center*. The Port Medical Worker will make all of the necessary arrangements for you.

You can get help on many other problems . . . arrangements for necessary medical care and appointments you may need. You are referred to the proper people to

get an artificial limb or cane, glasses, dentures, training for upgrading, etc.

IMPORTANT! You can get the address of the *Port Medical Office* at your port of entry from the booklet "SHORE CONVOY," the War Shipping Administration office, the United Seamen's Service, U. S. Public Health Service hospitals, or at your union hall.

REPATRIATED SEAMEN . . .

returning from foreign ports are met on arrival by a Field Representative and a Medical Officer of the WSA Recruitment and Manning Organization. These officials see that the men get any medical and personal care they may need.

If you are being repatriated and don't see the doctor, ask for him. If you were in a hospital abroad, sick or nervous aboard

ship, he will want to hear your story. He will direct you to the Port Medical Office or to a Marine Hospital.

You may feel so good at getting home that you won't realize at the time that you need a doctor. But, it is a good time to get acquainted with him in case you want to look him up later at the *Port Medical Office*.



Men—Doesn't this beat anything?

The Rest Centers are great places for a night of sound sleep.



Merchant Marine Rest Center,
Oyster Bay, Long Island, N. Y.



Merchant Marine Rest Center, Pa-
cific Palisades, San Pedro, Calif.



Merchant Marine Rest Center,
Camp Kittiwake, Pass Christian,
Miss. (now closed).





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YOU ARE NEEDED ON BOARD A SHIP

Ships must sail to win the war. Seamen must man them. These Merchant Marine Rest Centers have been opened to get men into good condition and keep them that way. Take advantage of this opportunity to keep yourself fit.

